A DAILY DOSE OF VELTASSA CAN HELP YOU TODAY

Learn about managing your high potassium

Veltassa is a prescription medication used to treat high levels of potassium in your blood (also called hyperkalemia). It is not known if Veltassa is safe and effective in children.

Who should not take Veltassa?
Do not take Veltassa if you are allergic to patiromer sorbitex calcium or any of the ingredients in Veltassa.

Please see additional Important Safety Information throughout this brochure and on page 10. Please see full Prescribing Information at www.VELTASSA.com.
What is VELTASSA?

If you’re reading this brochure, your doctor may have told you that you have high levels of potassium in your blood (also known as hyperkalemia). High potassium can cause health issues, including serious heart problems for some people, but it can be treated.

VELTASSA is a sodium-free prescription medication used to treat high potassium. Taken once daily, a dose of VELTASSA can help reduce high potassium in the blood, and keep levels lower over time.

What should I tell my doctor before taking Veltassa?

Before you take Veltassa, tell your doctor about all of your medical conditions, including if you:

• have problems having a bowel movement, including if you have severe constipation, a blockage (obstruction) in your bowel, or dry hard stool that will not pass out of your rectum (impaction)
• have problems with your bowels after bowel surgery

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Please see additional Important Safety Information throughout this brochure and on page 10. Please see full Prescribing Information at www.VELTASSA.com.

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“I didn’t know high potassium could cause serious health problems.”

**Potassium in the body**

Potassium is an important nutrient that helps your muscles work properly and helps keep your heartbeat regular. But sometimes, too much potassium in your blood can become a problem.

**What is high potassium?**

High potassium in the blood (also called hyperkalemia) means the potassium levels in your blood become higher than normal.

Healthy kidneys remove extra potassium from the body. If your kidneys don’t work properly, they might not be able to. Potassium levels rise in the blood and can cause serious health issues. In fact, for people with certain types of kidney problems (like chronic kidney disease), high potassium can be an ongoing problem.

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Possible effects of high potassium

High potassium can cause serious health issues, such as irregular heartbeat and other heart problems. If high potassium is not treated, levels may become too high and increase the risks.

For many people, it is hard to tell when high potassium can happen, and it may not be just a one-time problem.

In a clinical study, about half of patients who had chronic kidney disease, and were diagnosed with high potassium, had 2 or more high potassium episodes within a year.

Causes of high potassium

Chronic kidney disease (also called CKD) is the most common cause of high potassium.

Kidney disease from diabetes (also called diabetic nephropathy) can cause high potassium as well. Some patients with diabetes who have high levels of acid in their blood may also develop high potassium levels.

There is also a link between heart problems and kidney function. Heart failure can reduce blood flow to the kidneys. If your kidneys are not getting enough blood over a long period of time, they will not work properly.

Other causes of high potassium may include Addison’s disease and damage from severe injuries or burns.

Make sure to ask your doctor for information so you can learn more about the causes of high potassium.
**Causes of high potassium—medications**

Some medications that you might take may increase potassium levels, particularly if you have other risk factors. The most common ones include:

- Certain types of blood pressure medicines like ACE (angiotensin-converting enzyme) inhibitors, ARBs (angiotensin II receptor blockers), and MRAs (mineralocorticoid receptor antagonists) such as spironolactone and eplerenone
- Medications for heart problems
- NSAIDs (nonsteroidal anti-inflammatory drugs) used to reduce fever, aches, and pains
- Water pills (potassium-sparing diuretics) for some types of high blood pressure, heart problems, and certain disorders of the liver or kidneys
- Some forms of herbal supplements and remedies, including milkweed, lily of the valley, Siberian ginseng, hawthorn berries, or preparations such as Bufo, Chan’su, and Senso

Discuss all medicines you are taking, including supplements or natural remedies, with your healthcare provider. Do not stop taking any medication on your own. Be sure to follow your doctor’s direction on what medications you should be taking.

**Foods that are high in potassium**

If your kidneys are having trouble removing potassium from your body, eating foods that are high in potassium may make it worse. The following foods are high in potassium:

- **Fruits**: Avocados, bananas, oranges, nectarines, kiwifruit, mangos, papayas, prunes, pomegranates
- **Vegetables**: Brussels sprouts, potatoes, sweet potatoes, pumpkin, tomatoes and tomato products, spinach, beans and legumes, vegetable juices
- **Other**: Milk, yogurt, granola, nuts and seeds, peanut butter, salt substitutes

**Foods that are low in potassium**

As an alternative to the foods above, here are some foods that are low in potassium:

- **Fruits**: Apples, blackberries, blueberries, cherries, cranberries, grapes, pears, pineapple, raspberries, strawberries
- **Vegetables**: Corn, cabbage (cooked), carrots (cooked), cauliflower, celery, cucumber, eggplant, kale, lettuce, onions, peas
- **Other**: Rice, noodles, pasta, bread and bread products (not whole grain), pies (without chocolate or high potassium fruit)

Ask you healthcare provider for guidance on which foods are best for you.
Warning signs

High potassium usually has no symptoms or only vague symptoms. It’s often found during blood work that is being done for other reasons. If high potassium is not detected and levels become too high, the risks for serious health issues can go up.

Contact your doctor if you experience any of the following warning signs:
- Tingling, numbness, or other unusual sensations
- Weakness
- Exhaustion

Call 911 or go to the emergency room if you experience any of the following warning signs:
- Irregular heartbeat
- Difficulty breathing
- Paralysis
- Nausea and vomiting

Symptoms of high potassium may be different for different people, so speak with your doctor about any symptoms that bother you. If high potassium is not detected and levels become too high, the risks for serious health issues may go up.

What are the possible side effects of Veltassa? (cont’d)

The most common side effects of Veltassa include: constipation, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas. Tell your doctor if you have any side effect that bothers you or does not go away.

These are not all of the possible side effects of Veltassa. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

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“VELTASSA helps treat my high potassium.”

How does VELTASSA work?

VELTASSA binds with potassium in your gastrointestinal tract, primarily in the colon, or large intestine, where excess potassium is most common. Then, both the potassium and VELTASSA pass through and are removed from your body. VELTASSA is not absorbed by your body.

In a study, VELTASSA began reducing levels of potassium within hours, and potassium levels returned to a normal range within 2 days. Individual results may vary.

General information about the safe and effective use of Veltassa

Do not take Veltassa for a condition for which it was not prescribed. Do not give Veltassa to other people, even if they have the same symptoms that you have. It may harm them. You can ask your doctor or pharmacist for information about Veltassa that is written for health professionals.

Please see additional Important Safety Information throughout this brochure and on page 10. Please see full Prescribing Information at www.VELTASSA.com.
How to take VELTASSA

- VELTASSA is taken once a day with food
- VELTASSA comes in single-use packets that you will mix with water
- In a small study, most people found that VELTASSA has no taste or smell

Take VELTASSA exactly as your doctor tells you to take it. Your doctor may change your dose if needed. Your doctor will check your potassium levels during treatment with VELTASSA.

Do:
- Prepare each dose of VELTASSA separately
- Follow the diet that your doctor has prescribed for you
- Mix VELTASSA with water only

Do not:
- Do not take VELTASSA that has not been mixed with water
- Do not heat, microwave, or add VELTASSA to heated food or liquids
- Do not mix VELTASSA in a blender

Take VELTASSA at least 3 hours before or at least 3 hours after any other medicine taken by mouth.

How to prepare VELTASSA

**MIX**
Measure 1/3 cup of water in a measuring cup. Pour half of the water into an empty drinking glass. Pour all of the VELTASSA packet contents into the drinking glass with water.* Stir the mixture well.

**ADD**
Pour the rest of the water from the measuring cup into the drinking glass containing the mixture. Stir the mixture well. The powder will not dissolve and the mixture will look cloudy. If the mixture is too thick, you can add more water.

**DRINK**
Drink the mixture right away. If any powder is left in the glass after drinking, add more water, stir the mixture, and drink the remaining mixture right away. Repeat as needed to make sure you take your entire dose of VELTASSA.

*You may need more than 1 packet of VELTASSA for your prescribed dose. Make sure to follow the dosing instructions prescribed by your doctor.

Who should not take Veltassa?
Do not take Veltassa if you are allergic to patiromer sorbitex calcium or any of the ingredients in Veltassa.

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The recommended minimum amount of water for VELTASSA dose preparation is 1/3 cup (about 3 ounces).†

†The specified starting amount of water for all doses is about half of 1/3 cup. The remaining water should be added after stirring the powder in the starting amount of water.
“Today, my potassium levels were normal.”

Additional resources

For more information about high potassium and kidney problems, contact these organizations, or visit their websites:

National Kidney Foundation
1-800-622-9010
www.kidney.org

American Association of Kidney Patients
1-800-749-AAKP
www.aakp.org

American Kidney Fund
1-866-300-2900
www.kidneyfund.org

Relypsa, Inc. is not affiliated with these organizations. The listing of independent organizations is provided solely as a reference and is meant for informational purposes only.

What should I tell my doctor before taking Veltassa?
Before you take Veltassa, tell your doctor about all of your medical conditions, including if you:

• have problems having a bowel movement, including if you have severe constipation, a blockage (obstruction) in your bowel, or dry hard stool that will not pass out of your rectum (impaction)

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IMPORTANT SAFETY INFORMATION

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What should I tell my doctor before taking Veltassa?
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• have problems with your bowels after bowel surgery
Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.
Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

What are the possible side effects of Veltassa?
Veltassa may cause serious side effects, including:
• Low levels of magnesium in your blood (hypomagnesemia). Low levels of magnesium in the blood can happen when taking Veltassa. Your doctor will check the magnesium levels in your blood during treatment with Veltassa and may prescribe a magnesium supplement.
The most common side effects of Veltassa include: constipation, diarrhea, nausea, stomach-area (abdominal) discomfort, and gas.
Tell your doctor if you have any side effect that bothers you or does not go away.
These are not all of the possible side effects of Veltassa. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of Veltassa
Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not take Veltassa for a condition for which it was not prescribed. Do not give Veltassa to other people, even if they have the same symptoms that you have. It may harm them. You can ask your doctor or pharmacist for information about Veltassa that is written for health professionals.
The risk information provided here is not comprehensive. To learn more, talk about Veltassa with your healthcare provider or pharmacist.
Please see full Prescribing Information at www.VELTASSA.com.
It is very important that you keep your medical appointments so your doctor may monitor your condition.
For more information, go to www.VELTASSA.com or call 1-844-870-7597.
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This guide is intended to help you learn more about VELTASSA including the potential benefits and the associated risks. This information is not intended to take the place of medical advice. Be sure to talk with your doctor about all the medical options available to treat high potassium. If you have additional questions or would like to learn more about VELTASSA or high potassium, speak with your doctor.

The product information provided in this brochure is intended only for residents of the United States.

Any suspected side effects should be reported to Relypsa, Inc. at 1-844-735-9772 (1-844-RELYPSA). If you prefer, you may contact the US Food and Drug Administration (FDA) directly. The FDA has established a reporting service known as MedWatch, where healthcare professionals and consumers can report serious problems they suspect may be associated with the drugs and medical devices they prescribe, dispense, or use. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.